



INShape 150 - Aerobic Exercise

Walk your way to better health

Now that you have learned about the importance of a proper warm-up and several effective strength training options; let's take a look at aerobic exercise. Aerobic exercise is any activity that you can sustain for several minutes while your heart, lungs, and muscles work overtime. The real benefits of aerobic activity are achieved by increasing your heart rate and forcing your body to breathe harder. This not only increases the strength of your heart; it also improves your blood flow, lung capacity and oxygen transportation.



You don't have to engage in high level aerobic exercise to see the health benefits. Remember, 150 minutes per week is all you need to begin seeing results. Let's take a look ways 150 minutes of aerobic activity can improve your overall health:

- **Keep off the pounds** - When combined with proper nutrition, aerobic activity can help you lose weight.
- **Reduce health risks** - Aerobic exercise reduces the risk of many health conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, stroke and certain types of cancer. Weight-bearing aerobic exercises, such as walking, reduce the risk of osteoporosis.
- **Keep your arteries clear** - Aerobic exercise boosts your high-density lipoprotein (HDL), or "good," cholesterol and lowers your low-density lipoprotein (LDL), or "bad,"

cholesterol. The potential result? Less buildup of plaque in your arteries.

- **Ward off illness** - Regular aerobic activity activates the immune system leaving you less susceptible to minor illnesses like the common cold.

Aerobic exercise does not mean you have to run a marathon or train like Lance Armstrong. Try taking several brisk walks throughout the day. Use the "5 in 5 out" method. Walk quickly for five minutes, then turn around and head back to your starting point. Do this three times a day and you will surpass the 150 minute mark. The best thing about aerobic exercise is the flexibility that comes with it. It's not just about walking or jogging. You can bike, swim, hike, or take a kickboxing class. Your options are nearly limitless. Find what works for you and get moving!

Eight Foods You Never Knew You Could (and Should) Be Eating!

#6 Kefir

Have you ever noticed the quart-sized containers of kefir hanging out in the dairy section of your grocery store? You have probably looked at the package and wondered if kefir qualifies as milk or yogurt? Do you drink it or do you eat it with a spoon? Well, let's strip away some of the confusion and find out why kefir should have a place in your refrigerator.

The word kefir originated from the Turkish word "keif," meaning "good feeling." Kefir consumption dates back to the shepherds of the Caucasus Mountains, who would ferment milk in sheep-skins. This fermentation process gave unique properties to the milk, such as a variety of B vitamins, and probiotics. Probiotics are live yeast or bacteria that aid our digestive systems.

Today, kefir is made from milk that has been enriched with kefir grains (active bacteria or yeast). It is a cultured, enzyme-rich food filled with friendly microorganisms that help balance your "inner ecosystem." Kefir supplies your body with complete proteins, essential minerals, and valuable B vitamins. The drink's tart and refreshing flavor is similar to plain yogurt. Some people drink it straight while others mix it with fruit, grains, or honey. Most kefir brands offer flavored versions as well. Give your body a boost and try some today.

"Love Your Body" Kefir Smoothie

1 cup kefir



½ rip banana

½ cup frozen berry mix

2 Tablespoons toasted wheat germ

handful of ice (optional)

Combine all ingredients in blender and process until smooth and frothy! Kefir smoothie will turn out semi-sweet. If smoothie is too tangy, add a little agave nectar to balance it out!



First Lady Cheri Daniels and the Indiana State Department of Health are joining the U.S. Department of Health and Human Services to celebrate the tenth annual National Women's Health Week. With the theme "It's Your Time," the nationwide initiative will kick off on Mother's Day and will be observed until May 16.

[Click here](#) for more information.